



SCAVENGER HUNT HIKE

Not only is hiking a great way to explore the great outdoors, but it is also a great way to get out and exercise with friends and family! No matter what type of trail you're on, be sure to follow park rules and these general safety tips:

- Always stay on the marked trail and be careful not to disturb the nature around you.
- Keep an eye on the time and distance of your walk. You don't want the sun to go down while you are on the trail.
- Avoid (and do not approach) any wild animals that cross your path.
- Don't forget a basic first-aid kit.

Now the fun part: Make a day hike even better by turning it into a scavenger hunt! Create a list using our ideas or get creative and make your own. Depending on the age group you're hiking with, some items might be more challenging than others. Don't forget to include all four senses on your list for an even more detailed day of exploring.

Get your scavenger hunt started with this list:

- Find a leaf bigger than your hand
- Smell a wildflower
- Spot a colorful insect
- Find a feather
- Find a sparkly rock
- Find a plant with thorns
- Spot a bird's nest
- Find a yellow flower
- Listen for running water
- Touch something mossy
- Spot a tree with a hole in the trunk
- Find something that transports seeds
- Spot evidence that an animal was near the trail
- Find a smooth, round rock
- Find an acorn
- Listen for a bird singing